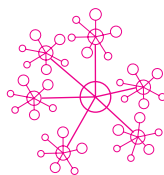


# QUEEN ANNE

## COMMUNITY CENTER WINTER 2004



CULTURAL, EDUCATIONAL  
AND RECREATIONAL PROGRAMS  
FOR TODDLERS, YOUTH, TEENS,  
ADULTS AND SENIORS

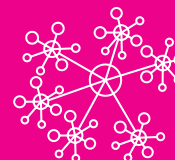


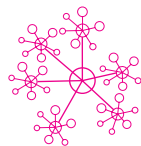
<http://www.cityofseattle.net/parks/centers/queenannecc.htm>

1901 First Avenue West  
Seattle, Washington  
98119

206.386.4240

[queenanne.cc@seattle.gov](mailto:queenanne.cc@seattle.gov)





## SEATTLE PARKS & RECREATION MISSION STATEMENT:

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

## QUEEN ANNE COMMUNITY CENTER

1901 1st Avenue West  
Seattle, Washington, 98119  
(206) 386-4240  
FAX (206) 386-4284  
TDD (206) 684-4950  
E-Mail: queenanne.cc@seattle.gov  
Website: Please see bottom of this page

## REGISTRATION INFORMATION

Community Center registration period is **December 15 to January 10, 2004**. Most classes begin the week of January 12, 2004 and typically run a 10 week session, unless otherwise specified.

## HOURS OF OPERATION

**January 2 through March 31**

Monday - Friday: 9 AM - 9 PM

Saturday: 9 AM - 5 PM

Sunday: Closed

## HOLIDAY & FACILITY CLOSURES

**January 1st, 19th & February 16th**

## THE FOLLOWING HOURS ARE ADVISORY COUNCIL SPONSORED HOURS --

**Monday, Tuesday & Friday: 9 AM - 1 PM, and  
Wednesday & Thursday: 9AM - 10AM.**

**A building use fee of \$2.00 is charged for all programs that run during these hours, as these hours not funded by the City of Seattle. For more information on the building use fee, please see page 19.**

## MANAGEMENT STAFF

**Christopher Williams:**

Director, Operations Division 684-4136

**Kerry Lasko:** Central West Sector Manager 684-0796

## ADVISORY COUNCIL OFFICERS

**Patricia Barger,** Chairperson

**Deb Artis,** Vice-Chairperson

**Romi Gordon,** Secretary

**Anne Sustar,** Treasurer

**Ed Artis,** Member

**Doug Hebert,** Member

**Eleni Ledesma,** Member

**Jay Busch,** Member

**Maryam Mohit,** Member

**Mort Schafer,** Member

**Eileen Cripe,** Member

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## FACILITY STAFF

**Allen Chinn:** Recreation Center Coordinator

**Sheree Seretse:** Asst. Recreation Center Coordinator

**Kendra Acklin:** Teen Development Leader

**Joe Skalka:** Recreation Attendant

**Dena Larsen:** Recreation Attendant

**Edward Haskins:** Recreation Attendant

**Tony Jones:** Custodian

**LeRoy Carter:** Custodian

## Special Thanks to:

Michael Showell @ CreativePants Design  
for Design and Layout of this brochure.

e:// michael@creativepants.com

p:// 425.769.5694

Michael thanks Jim Dantzler and Maryam Mohit for their help.

## Special Thanks to:

Communique Toys for their donations to the toddler playroom.



# SPECIAL EVENTS



03

AT THE QUEEN ANNE COMMUNITY CENTER

## MARK YOUR CALENDAR! UPCOMING WINTER EVENTS

### GAME ROOM GRAND REOPENING

Come and join us in reopening the Game Room at the Queen Anne Community Center. Come play table tennis, pool and watch Monday Night Football. Snacks & Refreshments served.

**Monday, December 15th  
6 PM - 9 PM**

**Fee: FREE or Donation**

### GAME ROOM HOURS WILL BE:

**Monday - Friday: 2:30 PM - 8:30 PM**

**Saturday: 2 PM - 4:30 PM**

## PARENTS' NIGHT OUT

Kids, do you need a break from your parents? Parents, do you need an evening away from the kids? The Queen Anne Community Center's Teen Program is offering once-a-month Friday night childcare. Your child will have the opportunity to swim (under lifeguard supervision!), play games, watch movies, do art projects, eat yummy dinners and make new friends, all while you are enjoying a relaxing night out. Pre-registration is required.

Call 386-4240 to reserve your spot. Children will be supervised by both adults and teens, all with CPR and First Aid training.

**Friday, January 23**

**Friday, February 27**

**Friday, March 26**

**5 PM - 11 PM**

**Fee: \$15 per child or  
\$25 per pair of siblings for the  
evening.**

## GRAND OPENING TODDLER & BABY PLAYROOM

Join us for the grand opening of our new Toddler & Baby Playroom. Enjoy and learn about this wonderful new resource for you and your children (ages 3 and under). Snacks will be served. For more information, please see page 5.

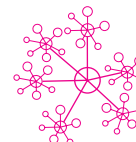
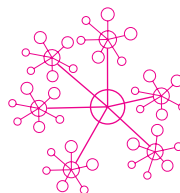
**Monday, December 15th  
10 AM - 1 PM**

### PROGRAM IDEAS?

Do you know of a great class that you would like to see offered at Queen Anne Community Center? The Center is always looking for new and exciting programs to offer. Please call Allen or Sheree at 386-4240.

### VOLUNTEERS NEEDED!

Please call Allen Chinn or Sheree Seretse at 386-4240 for more information. Thank You.





## ARENA SPORTS SOCCER LIL' KICKERS PROGRAM

Outdoor/Indoor soccer for kids ages 18 months to 4 years of age. A fun introduction for parents and toddlers to explore basic soccer and movement skills together.

To register for classes please call the Seattle Arena Sports at (206) 762-8606 or e-mail: Ruth Taylor at [rtaylor@arenasports.net](mailto:rtaylor@arenasports.net).

You can also visit Arena Sports on the WEB at [www.arenasports.net](http://www.arenasports.net) for more information about the Lil' Kickers program.

### Bunnies (18 months - 35 months)

Parent & Child Classes include parachute activities, bubbles and lots of goal scoring and the famous cone towers! The class is 40 minutes long.

**Friday 12/5 - 3/5 11 weeks**  
**11 AM - 11:40 AM**  
**1 PM - 1:40 PM**

**\$123.50 plus \$35 annual membership fee to Arena sports if your child is not already a member.**

**Thumpers (2 - 3 years)** Parent & child play organized games together to develop listening skills, balance, ball skills & foot-eye coordination. The class is 40 minutes long.

**Friday 12/5 - 3/5 11 weeks**  
**11 AM - 11:40 AM**  
**12 PM - 12:40 PM**

**\$123.50 plus \$35 annual membership fee to Arena sports if your child is not already a member.**

### Hoppers (3 - 4 years)

A fast-paced, fun exposure to the most popular sport in the world. Classes focus on foot-eye coordination, dribbling, scoring and balance. Hoppers classes will also introduce the concepts of teamwork and cooperation. Hoppers will not play any competitive soccer games. The classes are 50 minutes long.

**Friday 12/5 - 3/5 11 weeks**  
**12 PM - 12:50 PM**  
**1 PM - 1:50 PM**

**Note: no class 12/26**

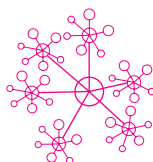
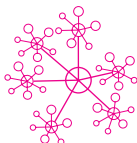
**\$143.50 plus \$35 annual membership fee to Arena sports if your child is not already a member.**

### Jackrabbits (3 - 4 Years)

Intermediate Jackrabbits is a class designed for three and four year-olds who have either taken a session of Hoppers or have other soccer experience. Jackrabbits classes will focus on more complex ball skills (trapping and passing). Some small-sided soccer games will be introduced. Jackrabbits classes are 50 minutes long. The student to coach ratio for Jackrabbits is 7:1.

**Friday 12/5 - 3/5 13 weeks**  
**1 PM - 1:50 PM**

**\$143.50 plus \$35 annual membership fee to Arena sports if your child is not already a member.**



# BABY, TODDLER & PRESCHOOL

05



## NEW CLASSES! KINDERMUSIK

### **Kindermusik - Village**

A beautiful class that focuses on strengthening parent-child bonds and creating community through music. Explore props and instruments during Object Play and hold a musical dialogue through singing, chanting and vocal play.

**Ages: Newborn-18 months**

**Sessions: 8 weeks**

**Friday 1/30 - 3/19 11 AM -11:45 AM**

**Fee: \$108 plus \$35 materials fee**

### **Kindermusik - Our Time**

A fun and exciting class that incorporates a steady stream of musical activities to engage the active toddler! Explore different instruments, discover the body through freestyle dance and movement activities, learn how to fine-tune listening skills through Active Listening and hold hands with friends while playing circle games.

**Ages: 18 months-3 years**

**Sessions: 15 weeks**

**Friday 1/30-5/7 10 AM -10:45 AM**

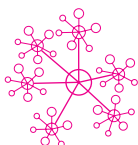
**Fee: \$202.50\* plus \$55 materials**  
**\*15 week class, from Jan. through May**

### **Instructor: Sharon Chang**

Sharon Chang has been a musician her entire life. In addition to being trained in classical piano, flute and voice, she has a degree from UCLA in ethnomusicology and has coordinated the music program at local Gymborees. Sharon knew she had found her true calling when she sang to children for the first time and watched their faces light up.

## MOVE OVER MOZART

Here is a piano program designed especially for kids! Please see page 7 for more information.



## PLAY GYM (formerly Toddler Open Gym)

If your little one is showing signs of "cabin fever" - Bring them into the gym to burn off some energy. The Center provides tricycles, push toys, balls, mats and slide. All this, plus the opportunity to meet other parents or caregivers!

**Ages: 5 and under**

**Tuesday & Thursday**

**10 AM - 12 PM**

**Fee: \$2 / day \*\***

**or 12-visit punch card for \$20**



## NEW! TODDLER & BABY PLAYROOM

Drop in and let your tot play on climbers, in the little kitchen, with blocks, dolls, trucks and other fun toys. Play and socialize with other kids and parents. Escape the rain and enjoy the freshness of a playspace that's not your own living room.

### **Other information:**

- Parent supervision required.
- Parents please be responsible for cleaning up after your child.
- Toy donations gratefully accepted. Please leave your toy and a note for Maryam or Eleni at the front desk.
- Older siblings are welcome; however the Playroom will be geared towards ages 3 and under. Those over 3 need to respect the needs of the little ones.

**Ages 3 and under**

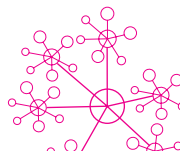
**Monday - Friday 9:30 AM - 2 PM**

**Saturday 9 AM - 1 PM**

**Fee: \$2 / day\*\***

**or 12-visit punch card for \$20**

**\*\* A building use fee is charged for all programs that run during non-operational hours as determined by the City of Seattle.**







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# BABY, TODDLER & PRESCHOOL



## PRE-BALLET

This class introduces the concepts of rhythm, shape, size, and speed in a fun, energetic environment. Self-expression and creativity are encouraged. Games, songs, props and stories are incorporated throughout the class. Children should wear comfortable clothes and have hair secured; ballet slippers are optional. Parents are welcome to view the first and last class of the session. (Class minimum - 4 students)

**Instructor: Darrah Blanton**

**Ages 3-5**

**Wednesday 1/7- 3/31 1:15 PM - 2 PM**

**NO CLASS: March 10**

**Fee: \$90**

**Instructor: Darrah Blanton**

Darrah Blanton graduated magna cum laude from U.W. with a double degree in Dance and English. In addition to the Q.A.C.C., Darrah also teaches at Laurelhurst Community Center and Spectrum Dance.

## CREATIVE DANCE

The purpose of this class is to motivate students and encourage self-confidence. In class, students explore technique by dancing fun combinations of steps across the floor. Students will find endless fun in exploring movement and gain self-awareness through creative improvisation! Class size 4 - 8 students.

**Ages 3-4**

**Thursday 1/15 - 3/18 4:45 PM-5:30 PM**

**Fee: \$75**

**Instructor: Jennifer Barrera**

Jennifer Barrera is a graduate of Skidmore College with a BS in Dance and a minor in Early Childhood Development. She instructed at her own studio in New York before moving to Seattle in 2000. She teaches dance at the John Stanford International School and dances with the East Side Moving Company. This is her third year teaching at the Queen Anne Community Center.



## NEW PROGRAM! PRESCHOOL STARS PROGRAM

The mission of the preschool stars program is to provide a healthy and safe environment that supports each child's personal and intellectual development. This exciting learning environment has a daily schedule that supports the developmental needs of the group. Experiences that promote individual, family and cultural identity will be incorporated into the curriculum. Activities include reading, writing, art, music and creative play. Staff to student ratio is 1:8.

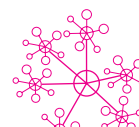
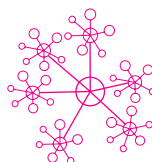
Our director, Allison Sundet, a University of Washington graduate, has 2 years of lead teacher experience at a developmental learning center for preschoolers. Allison's personal philosophy in working with children is providing nurturance, support, positive reinforcement, patience and respect. For more information call 386-4240 and ask for Allison Sundet.

**Director: Allison Sundet**

**Ages 3-5**

**Monday - Friday 9:30 AM-12 PM**

**Fee: \$150 per month**



# YOUTH PROGRAMS



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## AFTER SCHOOL PROGRAM

The mission of the After School Program is to implement program activities that promote self-esteem, self-awareness, conflict resolution, self-control, and decision-making abilities. To encourage children to develop socially, emotionally, intellectually and physically. To educate about nutrition, health and personal safety. We will experiment, create, and explore our world to the fullest.

The program will run the course of the school year (except holidays and school breaks). Pick-ups are at Coe, Hay, and St. Anne's Elementary Schools.

**Monday - Friday 3 PM - 6 PM**  
**Program Fee: \$230/month**

**Other fees:**

**Annual Supply Fee \$50 (one time fee)**  
**plus additional fees for in-service**  
**days, school breaks, late payment**  
**and late pick-ups.**

## MOVE OVER MOZART

Here is a piano program designed especially for kids! Children progress from learning to play simple, familiar tunes on the keyboard to reading music and music theory in a fun interactive group setting. These musical activities not only teach piano playing skills, but also promote feelings of accomplishment. (Class minimum - 4 students)

**To register contact (425) 415-6520 or (206) 227-1611 or e-mail at momozart@juno.com**

**Thursday**

**Ages: 3 - 4; 5:00 - 5:30 PM**

**Ages: 5 - 6; 5:30 - 6:00 PM**

**Ages: 7 - 8; 6:00 - 6:30 PM**

**Ages: 9 - 12; 6:30 - 7:00 PM**

**January 15 - March 25 10 weeks**

**No Class February 19**

**Fee: \$79**

## KIDDIE KUNG-FU

A great introduction to the art of Kung-Fu. This high energy class will stress fun!!!!!! Builds self-confidence, concentration, coordination and balance in young people. Class fee includes T- Shirt. Class minimum, 6 students.

**Instructor: Renee Ragaza**

**Boys and girls ages 5-8**

**Saturday 1/17 - 3/6 8 weeks**

**10 AM -11 AM**

**Fee: \$50**

## SUMMER DAY CAMP

Plan ahead; registration for the 2003-2004 Queen Anne Summer Day Camp is March 29th. Each of the 10 weeks has a theme such as "Water Play" or "Environmental Stewardship". You may sign up for as many or as few weeks as you like.

**Ages: 6 - 11**

**10 weeks**

**\$135 per week**

## SHORT SHOTS

A co-ed program for developing the basketball skills of your little "hoopsters." Fun fundamentals with reduced sized basketballs and lowered height for the hoops. Students must be age 6 as of 8/31/2003.

**Instructor: Gary Smith**

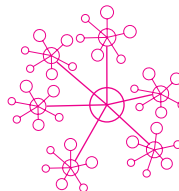
**Ages: 6-7**

**Saturday 1/10 - 2/14 6 weeks**

**Session I: 10 -10:45 AM**

**Session II: 11 -11:45 AM**

**Fee: \$30**





## CAPOEIRA

This course is a combination of martial arts and dance accompanied by unusual instruments. Please see page 12 for more information.

## NEW CLASS! PUPPY MANNERS

4-week course for puppies 8-16 weeks old. Please see page 13 for more information.

## NEW CLASS! BASIC DOG OBEDIENCE

7-week course for puppies and dogs of 5 months and older. Please see page 13 for more information.

## FOR PARENTS: INFANT & CHILD CPR

This course tells you what to do in the event of a respiratory or cardiac arrest. The instructor is a member of the Seattle Fire Department Medic 2 program. Please register at least 3 days before class starts by calling 386-4240 or in person.

**Instructor: Medic 2 Staff**  
**Tuesday, January 27**  
**6 - 9 PM**

**Fee: Free or Donation**

## FOR TEENS & ADULTS

### BEGINNING MARIMBA

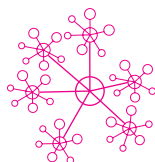
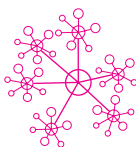
Here is your opportunity to learn traditional and contemporary marimba music of Zimbabwe. Please see page 12 for more information.

### EIGHT ANIMAL KUNG-FU

Learn the effective, classical techniques from the style of Eight Animals and Eight Methods. Please see page 10 for more information.

## VOLUNTEER COACHES NEEDED!

For basketball, T-ball and Volleyball. Coaches for other sports welcome as well. Volunteer as a coach and be a hero to the youth in our community. Experience not necessary. Training will be provided by staff. A 2-5 hour per week commitment and a love for kids is all that is required. If you are interested, please call Allen or Sheree at 386- 4240. You will be required to complete a Washington State Patrol Background Check.





# TEEN PROGRAMS



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THE QUEEN ANNE COMMUNITY CENTER IS CURRENTLY PROVIDING EXCELLENT TEEN PROGRAMS. **Teen Development Leader: Kendra Acklin**

<b>MONDAY</b>	Middle School Peer Tutoring and Homework Hour	2:30-3:30 PM
	Snack Attack Snack Club	3:30-4:30 PM
	Middle and High School Social Hour	4:30-6:00 PM
	High School Social Hour	6:00-7:00 PM
	High School Homework Hour	7:00-8:00 PM
	Martial Arts Boken Class	7:00-8:00 PM
<b>TUESDAY</b>	Middle School Peer Tutoring and Homework Hour	2:30-3:30 PM
	Middle School Group Activities	3:30-4:30 PM
	Middle and High School Social Hour	4:30-6:00 PM
	High School Social Hour	6:00-7:00 PM
	High School Homework Hour	7:00-8:00 PM
<b>WEDNESDAY</b>	Middle School Peer Tutoring and Homework Hour	2:30-3:30 PM
	Middle and High School Social Hour	4:30-6:00 PM
	Movie Club	3:30-6:00 PM
<b>THURSDAY</b>	Middle School Peer Tutoring and Homework Hour	2:30-3:30 PM
	Middle School Service Learning, or Self- Exploration	3:30-4:30 PM
	Middle and High School Social Hour	4:30-6:00 PM
	High School Service Learning	5:00-7:00 PM
	High School Homework Hour	7:00-8:00 PM
<b>FRIDAY</b>	Teen Night Field Trips	5:00-9:00 PM

ALL OF THESE PROGRAMS ARE FREE!

## THURSDAYS: SERVICE LEARNING PROGRAMS AND FIELD TRIPS

### ENVIROMENTAL EXPLORATION

#### FIELD TRIPS: 3:30-6:00 PM

- \*Thursday, January 8th, 2004    Discovery Park
- \*Thursday, February 5th, 2004    Gasworks Park
- \*Thursday, March 4th, 2004    Lincoln Park

#### COMMUNITY DEVELOPMENT: 3:00 PM-8:00 PM

- \*Thursday, January 15th, 2004: Martin Luther King  
Peace March Field Trip 3-8PM
- Thursday, February 12th, 2004    TBA
- Thursday, March 11th, 2004    TBA

## TEEN ADVISORY TEAM MEETING

- Thursday, January 29th, 2004
- Thursday, March 18th, 2004

## PARENTS NIGHT OUT MEETING SCHEDULE

- Thursday, January 22nd, 2004  
Theme: Board Games
- Thursday, February 26th, 2004  
Theme: Valentine's Party
- Thursday, March 25th, 2004  
Theme: Dinosaurs

## FRIDAY NIGHT FIELD TRIP

- Friday, Januray 9th Family Fun Center. Fee: \$25

*\*Denotes Field Trip when Teen Room will be closed due to field trip.*



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## ADULT

## PROGRAMS

## SPORT &amp; FITNESS

EIGHT ANIMAL  
KUNG-FU

Learn the secrets of true Chinese martial arts. Develop speed, power, coordination and discipline through the art of Yee Jong Pai Kung-Fu. Learn the effective, classical techniques from the style of Eight Animals and Eight Methods. Fluid, flowing power and specialty techniques will be developed by the practitioners. The instructor is the Chief Instructor of this highly effective martial art.

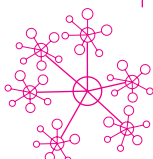
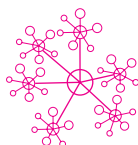
**Instructor: Shawn Miller**  
**January 13 - March 16 10 weeks**  
**Tuesday & Thursday**  
**7:00 P.M. - 8:30 P.M.**  
**Fee: \$70**

OPEN GYM  
BASKETBALL

This schedule is in effect for the winter quarter. It is also subject to last minute changes due to facility issues, floor refinishing, program relocation, special events, etc... Please call 386- 4240 to verify the open gym times. Schedule may change due to youth sports team practices.

**Mon. & Wed. 1 PM - 2:30 PM**  
**Fee: Free**  
**Tues. & Thur. Noon - 2:30 PM**  
**Saturdays on a space available basis.**  
**Please call 386-4240 for availability.**  
**Fee: \$2 / day\*\***  
**or 12-visit punch card for \$20**

**\*\* A building use fee is charged for all programs that run during non-operational hours as determined by the City of Seattle.**



## WEIGHT ROOM

Lift those weights, ride that bike and pump that iron! This weight room has a variety of equipment, convenient access, and is very affordable.

**Mon., Wed., & Fri. 10 AM - 8 PM**  
**Tuesday & Thursday 10:30 PM - 8 PM**  
**Saturday 10 AM - 4 PM**  
**Day Pass Fee: \$5 + .44 sales tax**  
**10-Week Pass: \$35 + 3.08 tax**

## FALUN GONG

Learn this advanced system of cultivation and practice designed to improve the function of one's mind and body.

- Powerful Qigong (Chi Kung)
- Meditation System
- Stress Relief
- Improved Health

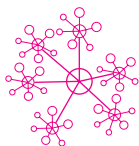
**Instructor: Matthew Wang**  
**Tuesday 10 AM - 11 AM**  
**Saturday 11 AM - 12 PM**  
**Fee: Free**

TAI CHI  
(YANG STYLE)

**TAI CHI - I:** Sifu Blake Emery teaches the official Taiji curriculum of the Chinese Wushu Association. This class teaches the fundamental movements of 24 Form Taiji and applications. For beginners and people with previous experience.

**TAI CHI - II/III:** By permission of the instructor only. This class works on the 24 form Taiji, as well as beginning short and long weapons. Class minimum, 6 students.

**Instructor: Blake Emery**  
**Saturday Jan. 17 - Mar. 13 8 weeks**  
**TAI CHI - II/III 10:30-11:30 AM**  
**TAI CHI - I 11:30 AM -12:30 PM**  
**Fee: \$40**



# ADULT

## SPORT & FITNESS



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## AND ARTS & CULTURE

### NEW CLASS! PILATES

This is design to strengthen, lengthen and tone the body through a unique mind-body exercise regimen. The class is geared for adults engaged in low to high impact exercise.

**Instructor: Siv Gilbertson**  
**January 14 - March 17 10 weeks**  
**Wednesday 11 AM -12 PM**  
**Fee: \$60**

### NEW CLASS! HURK CHOO KWAN HAPKIDO

A Korean martial arts of self-defense that focuses on the techniques of jaw locks, pressure point manipulation and preventive defense.

**Instructors: Eddie Arnold III**  
**and Angel Kimball**  
**January 12 - March 15 10 weeks**  
**Monday & Wednesday 7 PM -8:30 PM**  
**Fee: \$100**



### BEGINNING POTTERY

Learning to make cylinder and bowl forms on the potter's wheel is the focus in this class. As students develop more control of the clay, other forms and some variations of forms will be demonstrated. Instruction also includes glazing, decorating and basic materials and maintenance. Cone 6 stoneware clay and glazes are used in this class. Additional supply fee includes 25 lbs of clay, glazes and firings. Class minimum, 8 students.

**Instructor: Joan Johnson**  
**January 14 - March 17**  
**Wednesday 5:45 PM - 8:45 PM**  
**Fee: \$125 + \$35 supply fee**

### INTERMEDIATE POTTERY

Instruction in a variety of techniques for shaping pots on the potter's wheel is the main focus in this class. Decorating, altering forms and hand building techniques will be instructed as needed for the groups. Instruction includes kiln loading, studio maintenance and glaze mixing. Students must have taken three beginning classes to take this class or have permission from the instructor. Additional supply fee includes 25 lbs. of clay, glazes and firings. Class minimum, 8 students.

**Instructor: Joan Johnson**  
**January 13 - March 16**  
**Tuesday 5:45 PM - 8:45 PM**  
**Fee: \$125 + \$35 supply fee**

### POTTERY CLASS FUNDRAISER

During winter Queen Anne's pottery students will have works available for sale. Proceeds from the sales will provide scholarships for participants in need. **Select items will be on display throughout the center from January through March, 2004.**



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## ARTS & CULTURE AND LIFE SKILLS

## ADULT



### BEGINNING MARIMBA

Here is your opportunity to learn traditional and contemporary marimba music of Zimbabwe. Marimba are xylophones made with keys of various hardwoods.

**Instructor: Sheree Seretse**  
**Ages 12 and over**  
**January 15 - March 4 8 weeks**  
**Thursday 7:30 PM - 8:30 PM**  
**Fee: \$125**

### CAPOEIRA

Capoeira involves movements, music and elements of practical philosophy that started in Brazil more than two hundred years ago. It is a combination of martial arts and dance accompanied by unusual instruments, including the berimban, atabaque (a drum), agogo (a double bell) and a tambourine. Together, these form an ensemble of instruments which inspire solos and collective singing in a call and response dialogue.

**Ages: 8 and older**  
**Instructor: Marcos Fernandes (Risco)**  
**Tues. & Thur. 1/27 - 3/18 8 Weeks**  
**5:30 PM - 7 PM**  
**Fee: \$80**

### LIFE SKILLS INFANT & CHILD CPR

This course tells you what to do in the event of a respiratory or cardiac arrest. The instructor is a member of the Seattle Fire Department Medic 2 program. Please register at least 3 days before class starts by calling 386-4240 or in person.

**Instructor: Medic 2 Staff**  
**Tuesday, January 27**  
**6 - 9 PM**  
**Fee: Free or Donation**

### FIRST AID & CPR

This 8-hour course teaches you techniques of First Aid and CPR. Learn how to handle emergency situations and injuries. Three year American Red Cross First Aid certificate and one year CPR certificate is obtainable through this course. Fees are paid to Red Cross. Phone 726-3534 to register.

**Instructor: Red Cross Staff**  
**Jan 20th & 22nd 4:30 PM - 8:30 PM**  
**Feb 17th & 19th 4:30 PM - 8:30 PM**  
**Mar 16th & 18th 4:30 PM - 8:30 PM**  
**Fee: \$45**

### CPR

This course tells you what to do in the event of a respiratory or cardiac arrest. The instructor is a member of the Seattle Fire Department Medic 2 program. Please register at least 3 days before class starts by calling 386-4240 or in person.

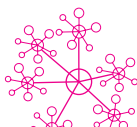
**Instructor: Medic 2 Staff**

**Refreshers**  
**January 13 7 PM - 9:30 PM**  
**March 9 7 PM - 8:30 PM**

**Infant/Child**  
**January 27 6 - 9 PM**

**Beginners**  
**February 10 7 PM - 9 PM**  
**Fee: Free or Donation**

**\* The center encourages the community's youth to be trained in CPR and First Aid. If you have questions regarding age appropriateness, please contact Queen Anne Community Center staff at 386-4240.**





## NEW CLASS! PUPPY MANNERS

**4-week course for puppies 8-16 weeks old.** This class will start your puppy in basic obedience, early socialization, and good puppy manners. We will also cover common behavior issues like house training and crate training, jumping, biting and mouthing and more. Please bring vaccination records, tasty treats, and regular 6-foot leash (no retractable leashes) to class.

**Ages: 8 years and over  
(for the people, not the dogs)**  
**January 17 - February 14 4 weeks**  
**Saturday 3 - 4 PM**  
**Fee: \$60, paid by check or  
first night of class.**

## NEW CLASS! BASIC DOG OBEDIENCE

**7-week course for puppies and dogs 5 months and older.** This class covers basic obedience commands such as *come, sit, stay, down, wait, and drop it*. Learn about pack structure and how your dog thinks and learns. You will learn how to effectively communicate with dogs using verbal cues and hand signals with positive reinforcement methods. We will have a supervised playtime after class. Please bring proof of vaccination, tasty treats, and regular 6-foot leash (no retractable leashes) to class.

**Ages : 8 years and over  
(for the people, not the dogs)**  
**January 13 - February 24 7 weeks**  
**Tuesday 7 - 8 PM**  
**Fee: \$100, paid by check  
or cash first night of class.**

**Instructor:** Susan Oshie, Licensed Veterinary Technician, member of Associated Pet Dog Trainers

## WOMEN'S SELF-DEFENSE - I

This workshop will have content directly related to real world situations. Learn basic blocks, strikes, kicks and escape techniques. Learn and ask questions about other personal protection options. Learn to use "purse weapons" and your surrounding environment for self-defense tools. Use of a special "Redman" instruction suit will assist in developing striking and kicking techniques with a live human target. Participants should wear comfortable, loose clothing. Tennis shoes are a must. Water bottles and towels also recommended.

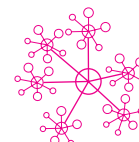
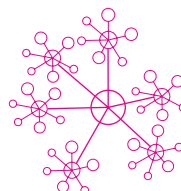
**Monday & Wednesday**  
**February 2nd & 4th 7 PM - 8:30 PM**  
**Fee: \$35**

**Instructor Grandmaster Allen J. Chinn** has 39 years of experience in the martial arts and has been instructing personal self-defense workshops for over 23 years.

## NEW! HUGS (HELP, UNDERSTANDING AND GROUP SUPPORT)

A motivational peer support group for weight management. Emphasis on good nutrition and behavioral change. No fad diets!!

**Facilitator: Patricia Barger**  
**OPEN TO ALL AGES**  
**Tuesday 10 AM - 11 AM**  
**Fee: \$10 per month**







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# SENIOR ADULT PROGRAMS

## CENTRAL WEST



### REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

**206-684-4240**

**Recreation Specialist -Tim Pretare**

**e-mail – tim.pretare@seattle.gov**

**Winter Quarter Dates:**

**January 5 – March 19**

**No Programs:** January 19, February 16

**Make-Ups:** We encourage you to make up canceled classes at any other site in the city. Please inform the instructor you're making up the class.

**Class Registration begins Dec. 22.** dates/times are subject to change. Make checks payable to 'SAAC'.

**Mail class payments to:**

**Sr. Adult Programs**

**ATT: Tim Pretare**

**1901 - 1 Ave. W.**

**Seattle, WA, 98119**

#### **Central West Division Sites**

Queen Anne CC: 1901 1st Ave. W.

Queen Anne Pool: 1920 1st Ave. W.

Magnolia CC: 2550 34th Ave. W.

Langston Hughes CAC: 104 - 17 Ave. S.

Discovery Park: 3801 W. Government Way

**All activities are at QACC unless otherwise noted.**

### NEW! HUGS (HELP, UNDERSTANDING AND GROUP SUPPORT)

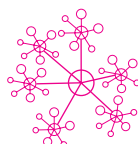
A motivational peer support group for weight management. Emphasis on good nutrition and behavioral change. No fad diets!!

**Facilitator: Patricia Barger**

**OPEN TO ALL AGES**

**Tuesday 10 AM - 11 AM**

**Fee: \$10 per month**



### SENIOR ADULT SOCIAL ROOM

The senior adult social room is dedicated to providing social recreation activities for adults over 55 years of age. We offer a variety of special activities, including travelogue, midweek movies, crafty ladies, dessert & discussions book club, book mobile library books and a laughter club.

### AEROBICS & FITNESS

**ALL CLASSES 1 HOUR UNLESS NOTED**  
**ALL CLASSES AT QUEEN ANNE**

#### **SENIOR AEROBICS**

Time to re-energize and feel better. Certified instructors teach our low impact aerobic classes.

**M. Huber: Monday 9:30 AM**

**M. Huber: Wednesday 9:30 AM**

**J. Shearer: Friday 9 AM**

**Fee: \$18 - 1 day week**

#### **P.A.C.E.**

P.A.C.E = People with Arthritis Can Exercise. Pace is a program designed specifically for people with arthritis.

**T. Pretare: Wednesday 10 AM**

**Fee: \$22**

#### **CIRCUIT TRAINING**

14 training stations to improve skill, strength, and knowledge using weight machines. (Class limited to 14 people, first come first serve.)

**A. Allen: Tuesday 9 -10:15 AM**

**A. Allen: Thursday 9 -10:15 AM**

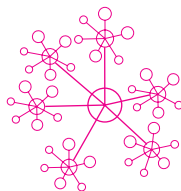
**Fee: \$27-1 day week**

#### **YOGA & MEDITATION**

Gentle stretching to keep limber and build muscles. All skill and fitness levels, wear comfortable clothes.

**H. Smith: Thursday 11 AM**

**Fee: \$22**



# SENIOR ADULT

# PROGRAMS



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## CENTRAL WEST

### FREE BLOOD PRESSURE CHECKS

No appointment necessary, located in the Senior Adult Social Room.

**Wednesday 1 PM**

### WALKING CLUB & WALKS

#### DISCOVER WALKING

Walk the 2.8 mile Discovery Park Loop Trail. Meet at the Visitor Center or call for ride; 206-684-4240.

**Discovery Park: Tuesday 10 AM - 12 PM**

Twice a quarter we take a **FIELD TRIP** on the following dates to the parks listed:

**Seward Park: Tuesday, Jan. 20 10 AM**

**Alki Beach: Tuesday, Feb. 17 10 AM**

**Fee: \$5**

### CREATIVE ARTS

#### CRAFTY LADIES

Drop in to work on your own project or learn a new craft, socialize and make new friends. Sewing machines, supplies are available.

**Thursday 2 - 3:30 PM**  
**Free**

#### WATERCOLOR PAINTING

Bring your paints, brushes and joy of painting. A demonstration after each lesson with lots of guidance. All skill levels welcome.

**J. Dodds**  
**Wednesday 10 - 12 noon**  
**\$60 /quarter**

### CARDS & GAMES

#### INTERMEDIATE BRIDGE INSTRUCTION

You are starting to understand those fundamentals, now let's take it a step further.

**Instructor: George Weaver**

**Friday 10:30-12:30 PM**

**Fee: \$30**

#### BINGO

Bingo Bug! Have you caught it? Come and play with us every week. Try your luck and you may win a prize.

**Thursday 10 AM**

**\$2 building fee**

**or 12-visit punch card for \$20**

#### OPEN BRIDGE

Weekly games for experienced players. Call Dean and Nancy McPhaden, 282-8331, to sign up for a 4-some.

**No bridge the last Mon. of the month**  
**1/26, 2/23, 3/29.**

**Monday 2 - 4 PM**

**Free**

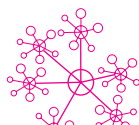
### DROP-IN PICKLEBALL

Continue to exercise and improve your skills by teaming up with other players - fun and challenging.

**Monday & Wednesday 11:30 AM - 1 PM**

**\$2 / day building fee**

**or 12-visit punch card for \$20**





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## SENIOR ADULT

## CENTRAL WEST

## PROGRAMS



## LUNCH PROGRAM MONDAY MEALS

Now serving nutritious meals every Monday. First come first serve, please make reservations (required) at the Community Center. Menu available in advance by request, suggestions accepted. **Please call Tim at 206-684-4240 for complete details.**

**January 26 - March 15 12 -1 PM**  
**\$3 per person**  
**No lunch on Jan. 19 or Feb. 16**

## DONATIONS NEEDED

If you have any of the following items in good condition and are not using them any longer, you can donate them to Tim Pretare at the Queen Anne Community Center, 1901 1 Ave. W., Seattle, 98119

<b>Measuring Cups</b>	<b>Measuring Spoons</b>
<b>Paring Knives</b>	<b>Wire Whisk</b>
<b>Vegetable Peeler</b>	<b>Can Opener</b>
<b>Water Pitcher</b>	<b>Soup Pot</b>

## BOOKS

### DESSERT & DISCUSSIONS

Gather to discuss books and enjoy some treats. Held the last Monday of the month. Book titles to be announced.

**January 26, February 23, March 29:**  
**1:30-2:30 PM**

**Free**

### BOOKMOBILE BOOKS

The Seattle Public Library brings new books each month. Check one out today.

**Free**

### BOOK EXCHANGE + SEATTLE TIMES

We offer comfortable couches and reading area for the daily Seattle Times and our book exchange. Stop by and browse through the book shelves, borrow a book or bring a book to trade in.

**Free**

## SPECIALS

**Please call Tim at 206-684-4240 to reserve your space for the following Special Events.**

### PANCAKE BREAKFAST FUNDRAISER

Start your day off right with pancakes and syrup, ham, coffee and juice. Money raised will help support the weekly lunch program.

**Monday, January 12 9:00 - 11 AM**  
**\$5**

### EAST AFRICA PHOTO SAFARI

Local photographer John Jacobs spent last summer photographing animals in the game preserves of Kenya, in East Africa. This slide show presents the 150 best pictures from among the 6000 that he took. Subjects range from rhino to a herd of wildebeest; cute cheetah and lion cubs to hairy, bumpy warthogs; bull elephants to tiny songbirds; and a few landscapes and sunrises for good measure.

**Monday, February 9 10 - 11:30 AM**  
**\*FREE**

### FINANCIAL WORKSHOP

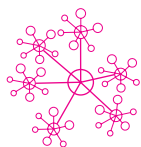
How to make 6.5% interest - tax free - from your investments; join George Andrade as he explains how.

**Monday, March 1 11:30 AM**  
**\*FREE**

### HEART DISEASE LECTURE

Dr. Damon McBrinn continues his health education series. This quarter the topic is heart disease; learn what factors put you at risk and what you can do to help keep your arteries clean. Please call to reserve your seat.

**Monday, March 8 11 AM**  
**\*FREE**



# SENIOR ADULT

# PROGRAMS



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## & CW - CE TRIPS

### SPECIALS CONT'D

#### TRAVELOGUE

Don McCort's continuing travel tales, please join us for Thailand #2 (Jan.), Bavaria (Feb.) and Turkey (Mar.)

**Monday, January 26 11 AM**

**Monday, February 23 11 AM**

**Monday, March 15 11 AM**

**\$2 each**

#### LAUGHTER EXPERIENCE Free

Learn and enjoy the immense health benefits of laughter through a series of laughter / deep-breathing exercises.

**Tuesday 1:00 PM**

#### MID-WEEK MOVIE Free

Drop by to see a new release, classic, romance, comedy or your choice, every week.

**Wednesday 1:15 PM**

**\*FREE special events starting before 1 PM require a \$2 building entry fee, payable at the Queen Anne CC front desk.**

### CW - CE TRIP REGISTRATION

**Trip registrations begin at 8 AM on the date listed by calling 206-684-4240 (Leave Your Name, Phone # and Pick-Up Site).**

You may sign up yourself and one other person. Trip dates, times, and destinations are subject to change. When you call, leave your name, phone number, name of trip, and pick-up site. **You will ONLY be called back if you are on the wait list. Do Not Use "Mail-In" Registration Form, Phone In Only.**

#### Trip Payments:

Make checks payable to: "SAAC" & mail to Sr. Adult Programs, ATT: Tim, 1901 1st Ave. W., Seattle, WA 98119. All payments must be received 5 working days prior to departure.

**For complete details on Senior Adult Programs for all of Parks and Recreation, please see the Senior Adult Program Brochure.**

#### Pick-up Sites:

**Miller CC:** 330 19 Ave. E.

(Pick-up 1 hour before time listed)

**Garfield CC:** 2323 E. Cherry

(Pick-up 45 minutes before time listed.)

**Magnolia CC:** 2550 34th Ave. W.

(Pick-up 20 minutes before time listed.)

**Queen Anne CC:** 1901 1st Ave. W.

(Pick-up at the time listed.)

#### NORTHWEST NATIVE \$6

Join us on an early morning trek to Rockport where we'll view bald eagles in their peak season, then swing over to Mt. Vernon area for lunch, on your own, then search for snow geese. Dress for the weather!

**Jan. 16 8 AM - 2 PM REG: Jan 5**

#### TACOMA MUSEUM TRIATHALON \$7

Your chance to see the new Tacoma Art Museum, Chihuli Glass Museum or WA State History Museum. Easy access to all museums, plenty of restaurants in the area. We will provide you with a map and admission price list for all museum locations. You are responsible for your own admission fees and lunch.

**Jan. 23 9 AM - 5 PM REG: Jan. 12**

#### A TASTE OF SWEDEN \$6.50

If you haven't been to Ikea to check out their beautiful store and yummy Swedish meatballs, you're in for a treat! Ikea features anything for the home from A-Z - great prices and lots of fun with a tasty cafeteria.

**Jan. 30 11 AM - 4 PM REG: Jan. 19**

**MYSTERY DINNER TRIP \$20** Are you hungry for a surprise? Re-live the days of the traditional family dinner. The trip fee includes cost of meal, all you need to bring is a few dollars for the tip and your appetite.

**Feb. 6 4 PM - 7:30 PM REG: Jan. 26**





# SENIOR ADULT PROGRAMS

## CW - CE TRIPS

### WONDERFUL WOODINVILLE \$6.50

What's up in Woodinville? Molbak's nursery, antique shops, great lunch places and more! Join us and explore!

**Feb. 20 11 AM - 4 PM REG: Feb. 9**

### PLACES OF WORSHIP \$5.50

We will make stops and tour a few different places of worship all from different denominations right here in town. Plus, we will pick a nice restaurant for lunch, on your own.

**Feb. 27 9 AM - 5 PM REG: Feb. 17**

### TODAI SEAFOOD BAR

Let's have lunch at the newly opened location of this upscale "all you can eat" seafood buffet and a 15-foot gourmet dessert bar in Pacific Place, then head to Barnes & Noble Bookstore to browse. Bring \$12.95 for lunch plus \$ for tax and tip. (Do not mail check). No transportation provided. A staff person will meet you in front of the restaurant at 11:30 am.

**Mar. 3 11:30 - 3:30 PM REG: Feb. 24**

### DESTINATION: LaConnor \$8

We've been here for the tulip festival and crab feed - now let's take time to explore this quaint town's museums, shops, and historical venues. A tour of the Skagit County Historical Museum and the LaConner Quilt Museum.

**Mar. 5 10 AM - 4 PM REG: Feb. 23**

### WINE & BEER TASTING TRIP \$8.50

This will be a continuation of the winery trip we took last spring. We will visit different wineries or breweries from the first trip so you can expect to have a very different experience. As always, we will stop for a nice lunch, on your own.

**Mar. 12 10 AM - 6 PM REG: Mar. 1**

## GENERAL INFORMATION



### FEES AND CHARGES

The programs and activities listed in this brochure are provided by the Queen Anne Advisory Council under an agreement with the Department of Parks and Recreation as part of a City program to offer greater educational and recreational opportunities for Seattle residents. Fees collected by the Advisory Council are used to offset the costs of these programs. The Advisory Council program fees listed here include 1% class fee, which is paid to the Department of Parks and Recreation for each participant registered in a program. Check, Money Orders, Credit Cards, or exact Cash only. Make payable to Queen Anne Advisory Council #16.

\* Class and programs fees listed in this brochure include sales tax where applicable in accord with current provisions of the State Tax Code enacted by the State Legislature.

### REFUND AND CREDITS

For Recreation and Instructional Programs, Seattle Parks and Recreation and the Associated Recreation Council advise that: Any person who registers for a class, camp, special event or program that is cancelled for any reason by the Department or the Advisory Council will receive a full refund. Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge. Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund. Please check with facility staff for a complete description of the Seattle Parks and Recreation and Associated Recreation Council Refund Policy.

### RENTAL INFORMATION

Queen Anne Community Center is available most weekends and during non-program hours for wedding receptions, family reunions, birthday parties or special events. The Center has a gymnasium, small kitchen, and a game room. Please call 386-4284.





## ADVISORY COUNCIL

If you would like to help other like-minded citizens and the professional staff at Queen Anne Community Center with development and operation of programs, you are invited to join the advisory council. The council meets once a month, on the second Tuesday of each month at 7:00 PM. For further information on the advisory council, please call 386-4240.

## NON-DISCRIMINATION POLICY

As a matter of policy, law, and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap (Seattle Municipal Code 18.12.280).

## PERSONS WITH DISABILITIES

Accommodations will be made on request for persons with disabilities. If you need sign language interpretation, auxiliary aids or other accommodations, please call 386-4240 or (TDD ONLY 223-7061). If possible, please allow 10 working days advance notice for sign language interpretation or auxiliary aids. If a class or activity is scheduled in an area that is not barrier free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## NOTICE TO PARTICIPANTS

Due to severe budget cuts for the Seattle Department of Parks and Recreation, the Department can no longer pay to keep the Community Center open during weekday hours of 9 AM to 1PM except for a total of 6 discretionary hours per week. Many members of our community use the Center during this time. In order to keep the Center open, the Queen Anne Community Center Advisory Council must pay for the remaining 14 hours per week. Many of our morning programs have been provided by the Community Center and the Advisory Council as free programs. Due to the cost of operating the Center for the additional 14 hours, we can no longer

provide the morning programs unless we charge a "building use" fee. This fee is intended to cover part of the operating costs. We will also seek contributions from providers of fee based programs offered during these hours to cover the rest of the cost. The building use fee approach is being run as a pilot program at Queen Anne. Different approaches may be pilot tested at other community centers as the Department and Advisory Councils attempt to maintain a full range of services for citizens in the face of these very severe budgetary constraints. The Advisory Council will also look for other ways to raise the funds to cover the affected hours.

**How will the building use fee pilot program work?** Effective May 1, 2003, any person entering the Queen Anne Community Center to participate in a previously free program or activity between 9am and 1pm, will be charged a \$2 building use fee.

**Which programs and activities are affected?** Any activity or program for which there is no published tuition or service fee and which occurs between the hours of 9am and 1pm. Some examples are open bridge, bingo, toddlers' gym, drop-in basketball and shower/locker room use.

**How do I pay the fee?** There are two ways to pay the \$2 use fee. You can buy a discounted punch cards from the Center's front desk which gives you 6 visits for \$10 or 12 visits for \$20. Alternatively you can pay \$2 in cash. Exact change only please for either transaction.

**What if this poses a hardship for me?** Despite the budget shortfall, we want the Queen Anne Community Center to be available to all. In the event of financial hardship, you may request scholarship. The request will be evaluated by the facility coordinator, or his designee. Please inquire at the front desk.

